

4-1-1965

Hand Flour Mill

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Recommended Citation

Loomis, Mildred (1965) "Hand Flour Mill," *Green Revolution*: Vol. 3 : Iss. 4 , Article 23.
Available at: <https://research.library.kutztown.edu/greenrevolution/vol3/iss4/23>

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MILK AND HONEY—

Why Can't We All Homestead?

By John Seymour
Suffolk, England(Presented By
British Broadcasting Co.)

Part II

People have said to me: "It's all right for you who have a piece of land to talk about the good life. But we can't all have our little homestead, can we?"

Well, why can't we?

According to the last June **Return**, there are 24 million acres of good arable or pasture land in England. Making a small allowance for rough grazing as well, that makes half an acre a head of the population, men, women, children and babies. Now you're never going to get more than half the population of the country wanting to become homesteaders,

so if half the population went on living in the towns—and towns are necessary for civilization—that leaves an acre of good arable land or good pasture per person. Our family is five—we have five acres. (We've later bought 22 acres in Wales.) And we not only could but certainly do already produce enough food on those five acres to feed another family of five, in the cities. What's wrong with that? Why shouldn't then every Briton, who wants to and proves himself capable of doing it, farm his acre a head for himself and every member of his family? If all the land in England was farmed like our 5 acres, England would not only be self-supporting in food, she would be exporting it.

Land Use

You say, "It's not the best use of land!"

But it is the best use of land! Before we came to our own five acres, they supported very little except weeds and rats. And most five acre fields in this country now are given over to what good farmers call "combine-and-match-box-farming." You grow a crop of barley every year, collect the subsidy, combine (harvest) the crop, burn the straw because you keep no stock, and grow another crop of barley next year. I know of a man who farms nine thousand acres like this with three men. This isn't farming—it's land-mining—cashing the heritage of our children and grandchildren. For the heart is being taken out of this land; he is simply cashing the heritage of 2000 years of good farming. Our five acres are producing immeasurably more than any five acres of that nine thousand acre wheat and barley factory—and its fertility is increasing year by year, not getting less.

The Bloom of Health

Every crop we grow is a bumper crop. Our animals have the bloom of health on them; such produce as we send off the place is wholesome and good. And we do this without the use of an ounce of imported artificial chemicals, with no expensive machinery, and no imported petrol or oil either. Our tractor doesn't burn diesel fuel—she eats grass and good hay, grown under her own feet and fed with her own dung.

Land Formula

The formula we should never forget in thinking about the land is: Big farms equal big output per man-hour, but small output per acre. Small farms equal small output per man-hour, but big output per acre.

(to be continued)

Which Items Are Money-Wasters?

The Food and Drug Administration has been giving a vast amount of publicity to its claim that the public is being misguided into wasting much of its income on dietary foods and supplements.

In a recent publication it said: "The need of reaching more low-income consumer groups has long been recognized as important, for it is they who can most benefit from sound information about the foods, drugs, and cosmetics which they purchase. Consumer education which would lead to more discriminating and economically sound buying habits is badly needed by this segment of the public. For example, it has been determined that many low-income families who can ill afford costly and often unnecessary dietary food and food supplements are spending a high portion of their limited incomes for them through gullibility and ignorance."

It is questionable that "many" low-income families spend a "high proportion" of their income on dietary foods, or that customers are "gullible and ignorant."

The singling out of "dietary foods and supplements" suggests a bias. After all, dietary foods are food, usually fresh whole-grain breads made without food additives, whole grain cereals and flours kept refrigerated to insure freshness (instead of being chemically treated to prevent spoilage) or again, fresh fruits and vegetables grown on fertile soils without poisonous pesticides.

What is wrong with patronizing sources of foods not available elsewhere? Do we not still have the freedom to buy the foods we prefer? Then why all the fuss?

FDA's continuous campaign of ridicule and name-calling is an undeserved and serious affront to many knowledgeable, health-minded persons.

Specifically, FDA claims that dietary food stores do a business of one-half billion dollars a year, in a manner implies that this is not to be tolerated. On the other hand, it seems that the government agencies have overlooked a number of items (usually lumped in with consumer's food expenditures) on which consumers spend vast sums, with little concern or knowledge of their harmfulness.

Tobacco sales amounted to eight billion dollars last year (16 times the one-half billion for dietary foods).

Sales of alcoholic beverages amounted to eleven billion dollars (or 22 times the sum for dietary foods). With alcoholism a top-priority national health problem, and drunkenness a major cause of automobile accidents, certainly this item should be at the top of the list of serious hazards to life and health, and a waste of enormous amounts of consumer income.

Candy sales came to three billion dollars, six times the dietary food figure.

—From *Modern Nutrition*

A DECENTRALIST CODE



—South Range Ranch, Mansfield, Mo.

I will content myself with a minimum of things conducive to a clean, comfortable and efficient abode. Counter advertising.

I will live on the land, to develop a healthful, human way of living. Counter urbanism.

I will "grow my own," use it up, build it myself, make it do, wear it out. Counter commercialism.

I will hold only as much land as I can use, and as is necessary to secure possession of the improvements which I and my family put upon it. Counter speculation.

We will produce first to supply all or most of our own needs; then a small surplus of some staple article of good quality to supply others at cost through a Merchandising Cooperative. Counter overspecialization.

I will read and help produce our own publications; help conduct and patronize our own rental and book-purchasing service. Counter propaganda.

I will help educate our children in our own home, community and school. Counter mis-education.

I will refuse cooperation with all invasive acts; I will join with others to provide ourselves voluntarily the common services which we need and want. Counter government.

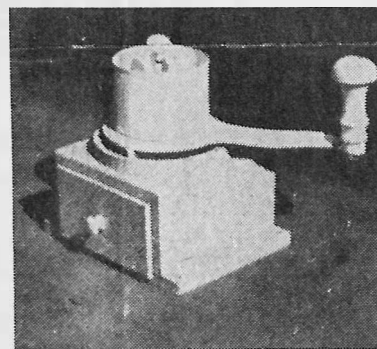
I will reject eugenics, limit births to our productive resources and practice natural childbirth. Counter degeneration.

I will embrace a religion or philosophy only after trial; hold fast to such teachings as day by day living demonstrates is good. I will join our own burial association for dignified and inexpensive rites for the deceased. Counter superstition.

Hand Flour Mill

The little hand power mill shown here was developed by W. B. Booher (address below) following a trip to Mexico and Guatemala. He observed that the people lived mainly on corn, which they soaked in lime water and then cooked a long time. Fuel for cooking came from long distances, and local stone was too soft for grinders.

On returning home, Mr. Booher developed this mill that will handle corn, wheat, rice, and slightly roasted soybeans. He says, "I



tried to develop a very simple mill so that anyone working with ordinary hand tools could build at least half the machine. The parts they would have to buy would be the two burrs, the cast iron handle, a center shaft and several bolts, at a cost of \$7.00 per mill, packed for shipment. Mill complete as shown here is \$12.50." For further information, write direct to W. B. Booher, 1028 Alneria Ave., Coral Gables, Fla.

Chemicals ARE Killing Us, cont'd

products; 8 from mineral oil, waxes, etc.; 6 from tars, resins and dyes; 6 from disinfectants, deodorants and adhesives; 3 from glycols, esters, etc.; and uncounted ones in drugs and food contaminants!

He has a chapter on treatment. The only common and temporary thing for acute cases is doses (or injections) of bicarbonate of soda and bicarbonate of potassium. The rest is an effort to get into a chemical-free environment!

Quote: "The potential dangers of these daily chemical exposures — insofar as the general health of all is concerned—warrants far greater protection than presently exists. The magnitude of the chemical problem associated with indoor hydrocarbon exposures and outdoor traffic exhausts underscores the urgent need of improvements in the design and combustion of gas kitchen ranges, heating systems and automobiles.

"The downhill clinical course of many patients is also associated with the indiscriminate use of chemical drugs. Both the general public and the medical profession need to be alerted to the

potentially hazardous effect of overzealous drug therapy."

Gerson's Book Republished

A Cancer Therapy by Max Gerson, M.D., presents 50 case histories of cancer patients, who had been given up as hopeless from hospitals, from his thirty years of work with his (basically) nutritional treatment. Many of them were, after five years without recurrence, claimed cured; others greatly improved.

The first printings of this book were handled by Gerson's daughter, Mrs. Joanna Oberlander, and friends in The Institute for Cancer Treatment. It was my pleasure to meet Mrs. Oberlander, who has for years served herself and family the diet of organic food (fruit and vegetable juices, soup, salad, etc.) which Dr. Gerson prescribed for cancer patients. She is one of the most healthfully beautiful and alive persons I have ever seen. She said in April 1964 that some 900 orders for **A Cancer Therapy** were awaiting the newly published edition.

This book is now available (first sales at \$6.95; later \$10) from the Groton Press, Inc., 325 Atlantic Ave., Brooklyn 1, N. Y.

Seeks, cont'd

deadly to me. Nor can I ride in a car, or sleep out of doors if they are burning leaves, laden with pesticide. We tried a motel but with trains and diesel engines I finally had to go back to the hospital and oxygen. We now have an electrically heated house; I threw out detergents, cosmetics, toothpastes, deodorants (these are really polluted!), plastics, rubber products, new telephones, synthetic fabrics. My typing goes crazy, coordination affected by some typewriter ribbons. I spend Sunday in a daze if the Sunday paper (its print and ink) comes in; meetings often leave me sleepless and hysterical — hydrocarbons in people's clothing, detergents, cleaners, smoke, polishes, perfumes, and cosmetics.

This problem is partly inherited, and affects us psychologically. All hydro-carbon allergic people are nervous wrecks; we get acute attacks of ataxia, diminished sight, mental confusion, panic. I've never lost consciousness, but other patients have. We bleed from the nose and vagina. All this may bore you and I hope I don't sound like a crank.

Help from Dr. Randolph

Last September when I was about ready for a mental hospital, I found help from Dr. Theron Randolph (see item in this issue, "Chemicals ARE Killing Us"). He questioned me about scores of symptoms. He had me fill out a peculiar questionnaire about chemical odors. He isolated me in a hospital, fasted me for five days, and then tested following ingestion of common foods, grown and prepared without contamination. He also gave me some canned meals. Then more chemical testing back in my usual environment. Coming out of the hospital, symptom free, the reactions to chemicals were acute and dramatic. I even found myself sagging to the ground while talking on a plastic telephone. He explains all this in his book, which belongs in School of Living library.

But the only real solution is to live in a clean, natural, uncontaminated environment. Can you suggest one for us? — Rita Halvorsen, 1646 N. Greenwood Road, Glenview, Ill.

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The first ten families are to be selected on what they can contribute to the community in the way of skills via individual and cooperative activities that will benefit both children and adults, in on-going projects that will educate and train the participants while improving the community.

If interested, please write to

Homestead Haven,
Box 62, Baltimore, Md. 21008